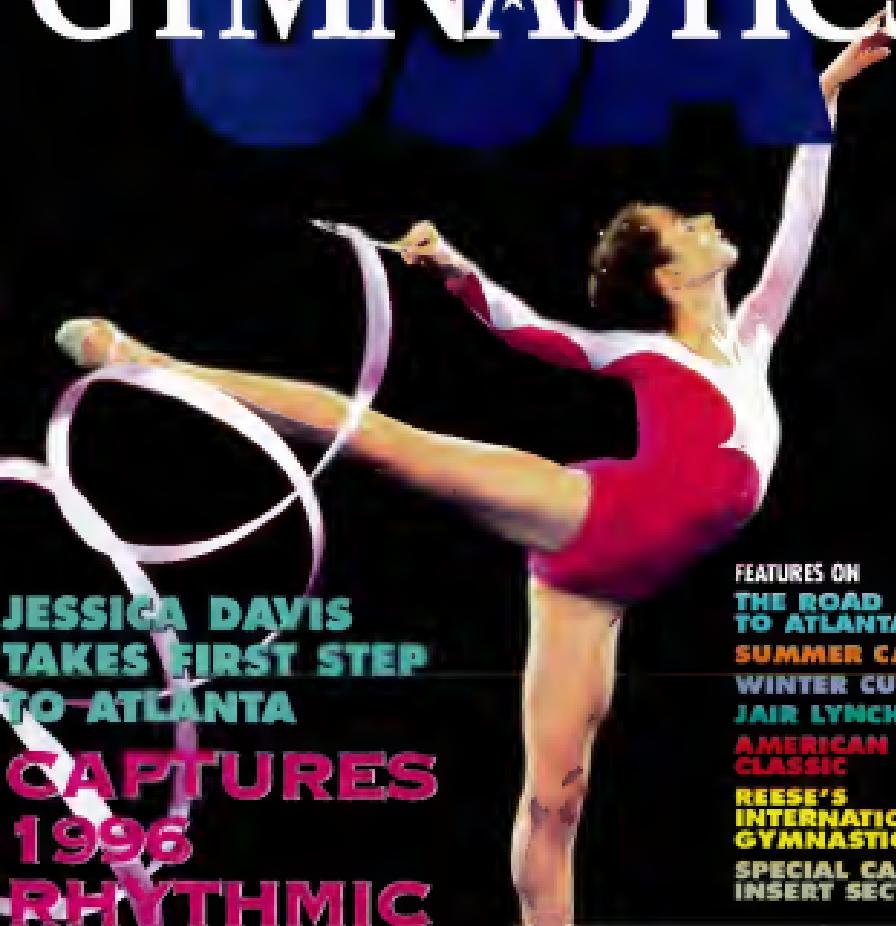


MARCH/APRIL 1996

VOLUME 25, #2

\$3.95

GYMNASTICS



**JESSICA DAVIS
TAKES FIRST STEP
TO ATLANTA**

**CAPTURES
1996
RHYTHMIC
CHALLENGE
TITLE**

FEATURES ON
**THE ROAD
TO ATLANTA**
SUMMER CAMPS
WINTER CUP
JAIR LYNCH
**AMERICAN
CLASSIC**
**REESE'S
INTERNATIONAL
GYMNASTICS CUP**
**SPECIAL CAMP
INSERT SECTION**

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GYMNASTICS

MARCH / APRIL 1998 • VOLUME 25 • NUMBER 3

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FEATURES

RHYTHMIC CHALLENGE

With consistent and elegant routines Jessica Davis won the 1996 Rhythmic Challenge. Lynn Ily took second and Natalie Lascoux was third.

WINTER CUP

18

July 1974]

Ice It!

Plain is the first clue that you have a minor injury, a mild sprain or strain. Don't ignore the plain and hope it will go away. Take care of those little aches now so they don't come back to haunt you.

AMERICAN CLASSICS

22

JANIE LYNCH

24

REESE'S INTERNATIONAL GYMNASTICS CUP

Kristie Phillips and Danyel Ruiszorchev danced, flipped and entertained the Portland audience to win the Reuse's International Committee Cup.



About Author



About Author Photo

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MORE GYMNASTICS ON TV

by Kathryn Stockett

Ever turn on your television and wish you saw as much gymnastics as you do figure skating? Well USA Gymnastics is hoping to make this happen, soon.

USA Gymnastics has formed an agreement with Jefferson Pilot Sports for the creation and marketing of new gymnastics exhibitions. This Agreement will begin on January 1, 1997 and extend through the next quadrennium. We anticipate that it will enable many athletes, including those you will see at the 1996 Coca-Cola National Championships and the Olympics, to extend their performing careers.

A great example of these exhibitions can be seen on CBS Sports, March 30 at 2:00-3:00 p.m. EST when the Beece's International Gymnastics Cup airs. Two-time World Champion Debinah Bowers has set on a ballerina rats.

and number, danced, and thoroughly entertained the Portland, Ore., audience en route to his Reese's Cup Championships Title 1987 Pan American Games Gold Medalist and National Champion Kristie Phillips appearing for the first time since 1988 won the women's title with a beautiful beam routine. All the performances were creative, and, with the lighting, costumes and music, made for a fun evening and great television program.

Perhaps on Christmas day, you saw the first ever grandmaster Deck-Off Championships, when Dominique Moceanu won a gold guitar. This event was produced by our new partner Jefferson Pilot Sports. With their experience in exhibition style figure skating events Jefferson Pilot Sports produced 20-30 hours of figure skating on television in 1994 and 1995; we anticipate great things for next year.

Fans love to see their favorite gymnasts perform whether it's in the Olympic Games, a post-Olympic tour or in an exhibition. We want to give top gymnasts the opportunity to continue to perform and entertain after their competitive careers have ended. It will be wonderful for all of us to continue to enjoy these great athletes.

YOU'VE COME A BABY! A LONG WAY

Baby snapshots taken straight from your favorite athletes' personal family albums... **QUIZ WHO!** This issue's mystery athletes are top-level gymnasts. Using the clues below, can you figure out who they are?

- This gymnast maintains a 4.0 grade point average and wants to be a writer/author one day.



- She is coached by Hall and Betsy Jo Krenik and Nancy Koontz at Flynn Gymnastics.

- She was a member of the 1995 World Championships Team and the 1995 Pan American Games Team.

WHO IS SHE?



WHO IS HE?

FIND ANSWERS ON PAGE 42!

- Entertainment is the family business for this gymnast. His mother is an actress. His father is a producer/director, and he would like to be a television broadcaster.

- Originally from Los Angeles, he is now living in training at the U.S. Olympic Training Center.

- He won the bronze on high bar at the 1995 Kawasaki Cup in Japan and was a member of the 1995 World Championships team.

Fun Facts about the 1996 Olympic Games

THE ROAD TO ATLANTA

Money earned on merchandise for the 1996 Olympic Games has already surpassed money earned on merchandise at any other Olympic Games.



Tickets are
still
available for
Gymnastics
Podium
Training.



You're not able to go to Atlanta? Don't worry, there will be 64-68 camera positions in the Georgia Dome dedicated for televising the gymnastics competition—this is more camera positions than used at this year's Superbowl.



The 1996 Olympic Games will have the largest number of countries ever to compete at one time.

The Olympic Games should attract 11 million people to Atlanta from July 19 thru August 4.

McDonald's is the official foodservice partner of the 1996 Olympic Games. This partnership represents the first time in the history of the Olympic Games that a quick service restaurant will operate in the Olympic Village.

It will take an estimated 89,000 pounds of potatoes to serve the anticipated 425,000 orders of french fries that will be consumed in the Olympic Village.

To obtain a ticket brochure or Olympic Arts Festival information, send \$5 to: 1996 Olympic Games Tickets Request Form, P.O. Box 106155, Atlanta, GA 30348-5155.

The \$5 will be deducted from the ticket order.

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VITAMIN D: LET THE SUNSHINE IN...

**Both Crozatier
Robert Deutch**

Laboratory for Elite Athlete Performance, Georgia State University

Don Beesoniet, PhD, RD, LD Director

National Team Nutritionist, USA Gymnastics

It should be clear to everyone that a well-rounded lifestyle and good nutrition is critical to gymnastics performance. The "good nutrition" part of this equation involves eating a wide variety of foods that are high in complex carbohydrates, moderate in protein, and relatively low in fat. The purpose of eating a wide variety of foods is to ensure that the athlete is exposed to all the nutrients critical to health and performance. One of the nutrients we're concerned about is calcium, because it is needed for strong bones. Inadequate calcium intake is associated with weak bones that are more prone to development of stress fractures, an injury all too common in gymnastics. But having enough calcium by itself is not enough. Vitamin D is needed to ensure that the calcium being consumed is properly absorbed into the body.

Calcium, besides its well-known importance in bone health, is also an important component of the blood. Vitamin D controls the way the body uses calcium by assuring that the blood level of calcium stays constant. If dietary calcium is inadequate, then calcium is taken from the bones to keep the blood level constant, and if dietary calcium is adequate, then vitamin D increases the absorption of calcium and puts more in the blood. The extra calcium in the blood is used to build bones. This is especially important when bones are developing and growing during childhood and young adulthood. Here's the problem. If you have enough calcium in the diet, but don't have enough vitamin D, then it's as if you weren't eating calcium because you won't absorb it. This can lead to poor bone development and increase the risk of stress fractures. Therefore, it is critical that gymnasts get plenty of vitamin D to help absorb the calcium, so critical to strong and healthy bones.

There are only a few foods that contain significant amounts of vitamin D. The most commonly consumed vitamin D containing foods are fortified dairy products. Four cups of vitamin A & D milk provides 100% of the daily requirement for vitamin D. Other foods, such as salmon, tuna, and fortified breakfast cereals also contain vitamin D, but to a lesser extent than fortified dairy products. A big problem with dietary intake of vitamin D is that it is a fat-soluble vitamin. That means that vitamin D lives in fat droplets. Since gymnasts commonly restrict fat intake, vitamin D is also restricted. Taking vitamin D supplements is not a good idea, because vitamin D is the most potentially toxic of all the vitamins. Fortunately, there is another important source of vitamin D: the sun.

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the calcium being consumed is
properly absorbed into the body.**

Ultraviolet light from the sun changes a form of cholesterol in your skin to vitamin D. The vitamin D is then transported to the parts of the body that need it. The amount of sun exposure needed to produce vitamin D depends on several factors, including skin color, age, and climate. People with dark skin, older people, and people in northern climates require more time in the sun than others to produce vitamin D. Due to these factors, making a recommendation for how much sun exposure is needed to produce vitamin D is not possible. However, we do know that gymnasts tend to get very little sunlight exposure because of school and the indoor gymnastics training they do. Figuring out how to occasionally practice some of the gymnastics skills outside the gym, may do much to assure that vitamin D status is sufficient to develop strong and healthy bones.

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4. Murray ED, Beesoniet R, Deutch R. *Understanding Nutrition* (5th ed.). New York: West Publishing; 1996.
5. American and Dutch Food Atlas of Personal Summary Indx 13th Edition. Schiedam, The Netherlands: Quo Vadis; 1991.

SUMMER CAMP DIRECTORY

These camps were submitted to USA Gymnastics office for inclusion in the annual summer camp directory. If you operate a summer camp and would like your camp to be included next year, send your information to USA Gymnastics by January 10, 1997. 258 Gymnastics, Summer Camp Directory, P.O. American Plaza, 200 S. Capital Ave., Suite 300, Indianapolis, IN 46225.

CALIFORNIA Rhythmic Gymnastics Camp

San Marcos and Pleasanton, CA
510-293-4777
Mid August
Nemo Studio
\$10

COLORADO Pikes Peak

3870 Helen Rd.
Colorado Springs, CO 80907
719-598-6163
July 7-13
July 14-20
Box Elder
\$10

Glenwood Springs

2810 Hollow Rd.
Glenwood Springs, CO 81601
719-945-6163
June 23-29
Box Elder
\$10

FLORIDA Brown's Gymnastics

Orlando, FL
Operating address:
740 Springs Ave.
Altamonte Springs, FL 32714
407-847-4314
June 23-29
\$10

See Country Gymnastics

4010 NW 27th Lane
Gainesville, FL 32604
June 24-29

Illinois Balcony Rock \$10 & up

ILLINOIS

Fighting Illinois Girls

1817 South Neil Street, Suite 201
Champaign, IL 61103
217-244-2335
June 16-21
June 23-27
July 26-August 2
Box Powellhouse
\$10

Fighting Illinois Boys

1817 South Neil Street, Suite 201
Champaign, IL 61103
217-244-2335
July 7-12
July 13-18
July 19-23
\$10

IOWA The University of Iowa

Markay Boys' Gymnastics Camp
216 Field House
Iowa City, IA 52242-4111
319-335-6714
June 16-29
\$10

MAINE

Kippness For Girls

Orono, ME
Operating address:
40 Main St., Box 307
Weston, ME 04909-8807
207-732-8281
June 23-August 17
June 23-July 20
July 23-August 17
Morley or Jon Silverstein
\$10

MARYLAND 4-Star Gymnastics

McAfee Tennis &
Wiffleball, 100 20715
301-323-4114
July 8-13
July 22-24
August 12-14
Box Satch
\$10

MASSACHUSETTS

Super Camp 1996

418 South Main St.
Sharon, MA 02067
417-744-5430
August 7-18
Betty Feldkamp
\$10

USA Gymnastics Training Centers

South Hero, VT
Operating address:
PO Box 4010, Hersey, FL 33441
407-743-8330
August 11-14
August 18-23
\$10 & up

MICHIGAN

Midwestern Gymnastics Camp

219 W. Holmes Rd.
Belle Creek, MI 48015
412-543-4770
June 23-28
July 7-12
July 16-19
\$10 & up

MINNESOTA

2005 Summer Gymnastics Camps

2 locations:
Duluth/Ada
3390 30th Dr. N.E.
Ely, MN 55735
and
Duluth South
5440 14th St. N.E.
Apple Valley, MN 55124
612-833-2754
June 17-21
July 15-19
August 19-23
July Thompson Arctic
\$10 & up

NEW YORK

Camp Wolf Whittemore
141 W. 29th Street
Box 558, New York, NY 10036
212-657-8382
\$10

Mid-Mtn. V-W, Weiss, E-Holiday:

Super Camp 1996

Operating address:
648 South Main St.
Sharon, MA 02067
417-744-5430
August 7-18
Betty Feldkamp
\$10

Team USA Sport Camps

219 Old Mountain Rd.
Port Jervis, NY 12761
514-546-7048
\$10

OHIO

Beckley Gymnastics

P.O. Box 285
518 Cheyenne Creek Drive
Westerville, OH 43081
614-875-1411
August 4-9
August 11-16
Bevill Heikens
\$10

OREGON

Gregory State
University Girl's
Summer Gymnastics
Camp

1996 Summer Gym Camp
135 Bill Culveran
Oregon State University
Corvallis, OR 97331-6105
541-732-3221
July 14-17
Box Search/Box Turpin
\$10

PENNSYLVANIA

Intercollegiate Gymnastics Training Camp 1996

P.O. Box 60803
Stroudsburg, PA 18360-9228
717-529-0244
June 14-23
June 23-29
June 30-July 4
July 7-13
July 14-20
July 21-27
July 28-August 3
August 4-10
August 11-17
August 18-24
Box Room
\$10 & up

Woodward

Box 99, Woodward, PA 16092
412-841-5430
June 7-8
June 9-15
June 16-22
June 23-29

June 30-July 4
July 7-13
July 14-20
July 21-27
August 11-17
August 18-24
\$10 & up

July 28-August 3
August 4-August 10
August 11-17
\$10 & up

Healy's Academy of Gymnastics

1321 Old Valley Drive
Festusville, PA 15053
July 1-August 23
Merry Healy or
Mrs. Healy
\$10

RHODE ISLAND

Rhode Island Summer Gymnastics Camp

Metcal Field House
University of Rhode Island
Kingston, RI 02887-0410
401-874-4482
July 7-12
July 14-19
Chella Koenig
\$10

TEXAS

Brown's Gymnastics

Foothills, TX
Operating address: 240 Orange Ave.
Altamonte Springs, FL 32714
407-849-8794
July 7-12
\$10 & up

WISCONSIN

Jewish Community Center Gymnastics Camp

4215 W. 30th Street, Milwaukee, WI 53217
414-544-6104
June 24-28
August 12-16
Sandy Kunkel
\$10 & up

Lake Geneva

9040 Hwy 60, Gills, WI 54081
715-293-3375
June 9-15
June 14-20
June 23-29
June 30-July 6
July 7-July 13
July 14-20
July 21-27
July 28-August 3
August 4-August 10
August 11-17
\$10 & up



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1996 CONGRESS



BOSTON
MASSACHUSETTS
JUNE 28-30



THE FACTS

Host City: Boston, Mass.

Congress Dates

Pre-Congress Sessions - June 27

Congress Sessions - June 28-30

Post-Congress Sessions - July 1

1996 U.S. Olympic Trials - June 29-30

Artistic Trials - June 27-30

Rhythmic Trials - June 28-30

CONGRESS RATES AND REGISTRATION DATES

\$150.00 Pre-registration

\$175.00 On-Site

No pre-registration after May 31

After May 31, you must register on-site

Non-Members \$235.00

CONGRESS HOTELS

The Copley Connection is a joint venture of world class accommodations outstanding shopping facility. The Westin Hotel Copley Place, the Boston Marriott Copley Place, and the Copley Place Shopping Galleries are all under one roof. For the 1996 USA Gymnastics Congress, these two hotels will be joined by the adjacent Copley Place to house Congress attendees. The Congress sessions will be conducted at the Hyatt

Convention Center. There is a convenient subway station located at Copley Place, connecting to AMTRAK and Logan International Airport. The Hyatt features 1,147 guestrooms and suites, indoor pool, health club with exercise room, whirlpool, sauna, and game room. Hyatt Restaurant's include Gourmet on upscale family restaurant and Bella Mondo featuring the finest in Northern Italian cuisine. For a great place to watch sports and enjoy the best burgers in Boston, try Champions, The American Sports Bar.

Reservations: 617-236-5800
Cut-off date: June 4
Rates: \$125 for single/double, \$10 for each additional person

The Copley Plaza, a Hyatt Hotel
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Reservations: 800-423-4200

Cut-off date: May 26

Rates: \$149 for single/double

When making reservations, USA Gymnastics is listed in the hotel reservation systems as "USA Gym Congress".

Reservations
Central reservations: 800-229-3000
Local reservations: 617-282-9800

Cut-off date: May 31

Rates: \$129 for single/double

Boston Marriott, Copley Place

110 Huntington Avenue, Boston, Mass. 02116

At Copley Place, in the heart of Boston's Back Bay area, the Boston Marriott is linked to the Hyatt

CONGRESS REGISTRATION INFORMATION

Congress Registration Form, Congress "Add-on" Information and the tentative Congress Schedule are included on pages 13, 15, 17 of this issue.

PRESENTATIONS

The biggest and the best! Watch Technique for more specific information on the Congress schedule, presenters, and topics. Sessions will be conducted at the beautiful John B. Hynes Convention Center. The Hynes will provide a modern, elegant, highly flexible environment for the annual Congress. Sessions will feature international speakers discussing club business, technique and sport science, preschool/developmental, judges training, and other areas of interest. Sessions will also include men's, women's, and rhythmic areas.

EXHIBITION HALL

The exhibition located in the Hyatt's Convention Center, will provide Congress attendees with the opportunity to see the latest and the best in equipment, apparel, and services.

1996 U.S. OLYMPIC TEAM TRIALS

American stop gymnasts will be making magic June 25-30 during the 1996 U.S. Olympic Gymnastics Trials in Boston. This nationally televised competition will determine which gymnastics hopefuls are going to compete in Atlanta. It promises to be a week of drama, passion and perfection. A week to remember and you can experience the excitement. All of it - live and in person. You'll want to attend and see firsthand, some of the most important Artistic and Rhythmic competitions in a gymnast's life.

ARTISTIC TRIALS

June 27-30

RHYTHMIC TRIALS

June 25-26

For more information about ordering tickets, please call the Massachusetts Sports Partnership at 800-432-4209. Please do not call USA Gymnastics regarding Trial tickets.

The 1996 U.S. Olympic Team-Gymnastics is offered by USA Gymnastics and the Massachusetts Sports Partnership.



USA GYMNASTICS
CONGRESS

hosted by USA Gymnastics

CONGRESS COSTS

PROFESSIONAL MEMBERS

Early registration (postmarked by May 31, 1996) \$150
On-line registration \$175

NON-MEMBERS \$235

CONGRESS COSTS

Fee includes

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Gymnastics regarding
Trials tickets

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1996 PRE-REGISTRATION FORM

COMPLETE ONE CONGRESS FORM PER PERSON—YOU MAY PHOTOCOPY FORM FOR ADDITIONAL CONGRESS REGISTRATIONS

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Minimum age for Congress registration is 16.

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Indianapolis, IN 46225

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USA
GYMNASTICS





JESSICA DAVIS WINS 1996 RHYTHMIC GYMNASICS CHALLENGE

JESSICA DAVIS

Home town: San Anselmo, Calif.
Birth date: April 10, 1978
Club: Gymnastics Pacific
Coach: Jim Exner
Age: 18
School: Orinda High School
Grade: 12th
Achievements: Davis was selected as the model for GYM's 1993 Olympic Sponsorship. She was also featured in a full page advertisement in People magazine and is currently being featured in a Visa commercial. She was the top rhythmic American at the 1995 World Championships and earned the U.S. a spot in the 1996 Olympic Games.

By LUCAS PEZZET

1995 National Champion Jessica Davis defended her title, winning the Rhythmic Challenge by a point and a half—73.175 to Laura Ily's 72.575. The event took place in Denver's Brem, B. Feb. 16-17, at the Elite Sports Complex.

Davis, from San Anselmo, Calif., trains at Gymnastics Pacific and is coached by Jim Exner. Davis said, "I'm happy with my performance at the Rhythmic Challenge, especially since it's the beginning of the season." She added, "It's the first step towards the 'O' next." Davis was referring to the Olympic Games and said that in her heart no one mentions the word Olympics for less of juggling Davis' chance of representing the U.S.

Although Davis is clearly the Rhythmic Challenge champion she will have to compete well at the Rhythmic National

Championships and Olympic Trials to represent the U.S. at the Games in Atlanta.

And that may be tough with competitors such as Ily, who took second, and Natalie Lanzante, who took third, right on her tail. The Rhythmic Challenge was Ily and Lanzante's first event as seniors. In 1995 Lanzante was the Junior National Champion and Ily was second in the Junior Division. Both Ily and Lanzante train with the Rhythmic Gym in Glendale, Ill., and are coached by Karen Loeffel. Loeffel is from Milwaukee, WI, and Ily is from Virginia Beach, Va.

"I'm really excited with my finish," said Ily. "I didn't know what would happen coming into the meet because the seniors are very tough. I was hoping for a top three finish."

Lanzante said, "I was disappointed with my performance on the first day of competi-

tion, especially with my ribbon routine. I know I can do better that the second day. I was happy. I was also hoping for a top three finish."

Another top finisher, Gigi Higo, is from Los Angeles, Calif., and trains at California Academy of Rhythmic Gymnastics. She finished fourth all-around and tied. "I was happy with my performances and finished with my finish because now I will get to travel and represent the U.S." Higo finished eighth at last year's Rhythmic Challenge and sixth at the 1995 Rhythmic National Championships. She attributes her success to her coach, Dina Marseco. Unfortunately, Marseco could not make the Rhythmic Challenge because she was eight months pregnant. Higo said, "He coach each night with the most of her performance."

The Junior Division was won by 13-year-old Kasey Sherrington from Duluth. In Silverhorses' third at Atlanta International Rhythmic Gymnastics and is coached by Marie Daubert. She was followed by 12-year-old Rita Johnson from Brinsford, Md. Jeffree from Rhythmix and is coached by Catherine Goldsmith. Thirteen-year-old Lisa McGeorge from International Rhythmic Gymnastics in Jacksonville, Fla., earned third all-around. McGeorge is coached by Mike Martino and Shoshana Ingberman.

On Sunday, Feb. 18, the top U.S. National Team Members and the U.S. National Gymnastics team joined the top Rhythmic National Team Members, including World Championships medalists Anna Lukanycia and Tatjana Byrykina and the Atlanta National team. It was a two point exhibition. It was a great success!

NATALIE LACUESTA

Residence: Milwaukee, WI
Birth Date: November 13, 1981
Club: Rhythmic Gymnastics
Grade: 8
Age: 10
School: Lycée Academy
Grade: 9th

Interesting Fact: Natalie was the 1995 Junior National Champion and made third at the Rhythmic Challenge in her first year as a senior. She was once a figure skater but switched to rhythmic gymnastics. She is very artistic and likes to write poetry and philosophical essays.

2000 CHAMPION

2000 CHAMPION

KASSY SCHARRINGHAUSEN

Residence: Delray, FL
Birth Date: May 24, 1982
Club: Florida International Gymnastics

Grade: 8
Age: 10
School: Delray Middle School

Grade: 8th

Interesting Fact: Kassy started ballet at age 2 and then decided to switch to rhythmic gymnastics. She's an only child and likes stuffed animals. In fact, she carries them with her to competitions for good luck. Kassy is the newest Junior National Champion as a result of her performance at the 1995 Rhythmic Challenge.

KIMMELLY HIGDA

Residence: Delray, FL
Birth Date: April 2, 1982
Club: Florida International Gymnastics

Grade: 8
Age: 10
School: Delray Middle School

Grade: 8th

Interesting Fact: Kimmelley started gymnastics at age 3. She likes to play with her dog, Max. She is the only child in her family. She likes to go to the beach and the ocean. She is a member of the Delray Gymnastics team.

LAURI ILLY

Residence: Virginia Beach, VA

Birth Date: August 26, 1981
Club: Rhythmic Gymnastics

Grade: 8
Age: 10
School: Stevens Middle School

Grade: 9th

Interesting Fact: Lauri took second all-around at the Rhythmic Challenge which was her first event competing as a senior. She is the youngest of eight children and is sponsored by Southern Health Plus.

1992 Olympian Jair Lynch Wins Winter Cup Title

By Kris Parker and Sean Pesek

PHOTO BY JEFFREY L. BROWN



Above: Jair Lynch
Below: Matt Bahr



Despite the freezing temperatures in Colorado Springs, Colo., the Men's Winter Cup Challenge heated things up with some spectacular gymnastics.

With more than 60 of the top male gymnasts competing, the spectators were once again satisfied.

After competition, only six hundredths of a point separated Jair Lynch's lead from John Macrae's close second. Solid on the six performances from both gymnasts set the standards for the next day's internal competition.

"This means we're only halfway through," said Lynch. "Rankings at this point are bogus. There are six more events and anyone can win."



Above: Matt Bahr
Left: Jair Lynch
Below: Bill Bahr



Although Lynch had some struggles in options, he did manage to maintain his lead after starting and won the Winter Cup Challenge. He was unhappy with his personal home performance and felt that it was "unusable." Macrae also had some problems and slipped to third while his teammate, Gary Bahr, moved up to second.

"I wasn't aware of my mistakes," said Bahr. "All I know was that I had to hit six for six and I ended up where I ended up." Well that's exactly what Bahr did and he moved up three positions to finish second.

Macrae commented, "I'm glad to see the OTC (Olympic Training Center Team) finally standing up to where they should be with everyone placing in the top 14."

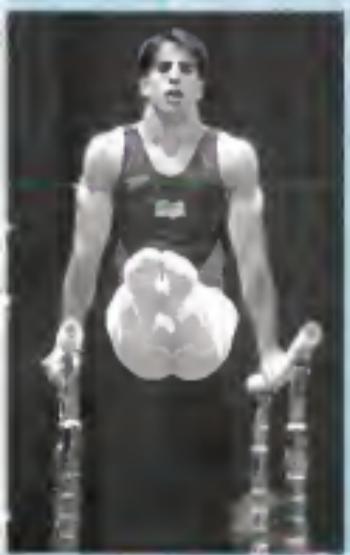


The head coach of the team is Ron Bruce from the U.S. Olympic Training Center and the assistant coach is Art Skorka from UCLA. The individual event World Championships are April 15-21 in San Juan, Puerto Rico.

The top 16 in the all-around from the compulsory and optional rounds of competition make up Team USA. Using optional scores only the top seven (ages 10 and under) and the top five (ages 11 and over) make up Team 2000.

LOOK FOR RESULTS ON PAGE 32.

Above: Jim Morrissey
Below left: Greg Beck
Below right: Chasity Wiegley



Get into the Spirit of the Games!



A must for gymnastics fans, this lively biography chronicles Shannon's struggle to stay on top by the skin of her teeth, a frightening career accident, and conflict between parents and coaches. The book features touching personal stories shared for the first time by Shannon, her family, and coach Steve Nessow.

KIM ZMESKAL DETERMINATION TO WIN



The biography about the first diver ever to win the World Championships includes many action photographs and anecdotes of quotes by Kim and Bob Kutsos.

According to David Zemlicka, Kim's father, the book's "overall theme—determination, persistence, dedication to hard work, never giving up" is him.

Written in his own words, this heartfelt book tells the startling story of Olympic gymnast Tim Gajser, describing how he crashed the men's team gold at the 1984 Olympics with a 10.10 high bar, his miraculous coming back injury and the tragic, violent accident that limited his leg and his hopes for a second Olympics.

Shannon Miller: America's Most Decorated Gymnast = \$14.95 + \$2.00 shipping. **Kim Zmeskal Determination to Win** = \$14.95 + \$2.00 shipping. **Dare to Dream** = only \$11.95 + \$3.00 shipping. **Present**: these titles are great for signed book reports. **Rooster Club** books are perfect for fundraisers! Write for info about discounts on orders of 5 or more.

Other titles available through The Bradford Book: The Olympic Gold Medalist, Olympic Gold and American Women Olympic Gold (illustrated books for children age 7-11 by Wayne Coffey) = \$14.95 each + \$3.00 shipping. A Healer 100 by Kathryn team physician Dr. Jack Keeler, = \$16.95 + \$3.50 shipping.

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ICE IT!

By Elspeth Schard, LMT

If you're physically active, occasionally you notice little aches and pains. Most people ignore them in hopes they will go away. But there's a better way—take care of them now so they don't come back to haunt you.

How do you know when it's time to pay attention? When it hurts. Pain is your first clue that you have a minor injury, a mini-sprain or strain. Recurrent pain is just a louder warning your body is asking for help.

Other symptoms of minor injury include swelling, redness and heat. They are all by-products of having over-stretched and torn body tissues—muscle, tendon or ligament. The tears can be literally microscopic. In fact, microtears happen with normal stress and are part of the strengthening process. But if there is too much stress and too little rest, these microtears don't heal properly and you get pain and swelling as a result. If they're not treated properly, they become chronic, nagging problems and set you up for yet more injury.

Your goal is to decrease all swelling in the injured area. If you are experiencing pain, even a little, there is probably at least a tiny bit of swelling somewhere. Swelling can restrict movement and greatly increase your healing time. Three things are necessary for home treatment: ice, elevating the injured part and repeating the process faithfully for several days. It takes



some effort, and it's easy to shrug off "just a little soreness," but the payoff is an injury-free body that's ready to go back to working out in a few days. No one wants to spend six or eight weeks recovering from a sprain or strain when a little care could avoid it!

Everyone who works out regularly should keep some ice on hand. When those minor aches appear, just some crushed ice in a plastic bag or hot water bottle, draped the



part with a towel or cloth, and put the ice over it for 15-30 minutes, or until the area is numb and partially blanched. Be careful—if you don't cover your skin with a cloth, you can give yourself frostbite. While the ice is on, prop up the arm so that it is higher than your heart, and leave it up until you take the ice off. Repeat the process every

three hours or so for the first two or three days after your injury.

An alternate method is to freeze water in a small paper cup. If you put a popsicle made in the water first, you have a ready-made handle. Peel away the cup end, rub the ice over your skin for five to

seven minutes, again, until the area is numb and partially blanched. Keep the area elevated while you're doing it. This method is faster, but generally requires you to keep one of these ice popsicles around in your freezer. You can also use a frozen bag of peas,

which has the advantage of molding to your body but the disadvantage of not being as cold as ice, therefore not working as well.

The last part of this recipe is new. Using the injured part even a little can greatly reduce healing and increase recovery time. Remember that it can take three to five days just for the healing to get started. Don't get in your way. Stay off the injury.

It is great for the early, acute stages of a minor injury, but what then? Knowing when to ease back into training is a judgment call. If there's any doubt, ask a local sports medicine physician or athletic

trainer. Certainly, the pain and swelling should be gone. Stay alert for any sign of pain while you begin training again; you may need to ice after the first few workouts.

The best answer, of course, is to avoid injury altogether. "No pain, no gain" is for performance athletes who train at least two hours a day, seven days a week. For the rest of us, however, enthusiastic, it's "train, don't strain." Wear

Three things are necessary for home treatment: ice, elevating the injured part, and repeating the process faithfully for several days. It takes some effort, and it's easy to shrug off "just a little soreness," but the payoff is an injury-free body that's ready to go back to working out in a few days.

up for at least 15 minutes before a workout, and stretch slowly and thoroughly afterwards. You have to hold a stretch for at least 30 seconds just to maintain your current flexibility. And remember, while it takes three or four weeks of steady workouts to get in shape, it only takes 10-12 days to get out of shape again. If you have had to take time off to heal an injury, you may have to return to training as though you were starting from scratch. Many athletes injure themselves because they rush the process.

A little pain is a warning sign. A little attention to these warnings can add some fun to your life.



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Jaycie Phelps won the 1996 American Classic Gymnastics Competition, held at the MaBee Center on the campus of Oral Roberts University in Tulsa, Okla., February 9-10. The American Classic was the trials competition for the individual Event World Championships to be held April 15-21 in San Juan, Puerto Rico.

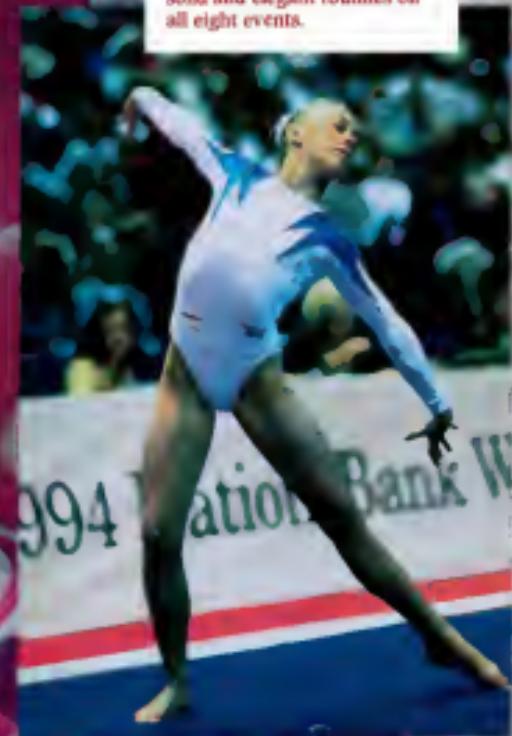
Members of the World Championships team include: Dominique Dawes, Jaycie Phelps, Amy Chow and Dominique Moceanu.

The World Championships Team was selected by using optional scores only. Dawes won the optional only all-around competition followed by Phelps and Chow. Moceanu did not compete in the American Classic but was named to the team due to her silver medal finish at the 1995 World Championships.

The junior division was won by Vanessa Atler from Canyon Country, Calif. Atler was followed by Kinsey Rowe and Alexis Belon.

Thanks to meet director Linda Bradshaw and husband state director Wayne Bradshaw for outstanding meet organization.

Jaycie Phelps captured the all-around title by performing solid and elegant routines on all eight events.



JAYCIE PHELPS

WORLD GYMNASTICS CHAMPIONSHIPS TEAM SELECTED

LOOK FOR RESULTS
ON
PAGE 32!

MARCH/APRIL 1996



After being sidelined with an injury prior to the 1995 World Championships, Amy Chow demonstrated her readiness and secured a spot on the 1996 World Championships Team.



Dominique Dawes returned to competition stronger than ever and debuted a new mount on floor—a spectacular double layout.



Kristy Powell, completely recovered from an injury that prevented her from competing at the Coca-Cola National Championships, regained her senior international team ranking.



WINS 1996 AMERICAN CLASSIC

By Luan Pessak

JAIR LYNCH

BIRTH DATE: October 2, 1970
BIRTH PLACE: Amherst, Massachusetts
HOMETOWN: Washington, D.C.
RESIDENCE: Stanford, California
SCHOOL: Stanford University
COACHES: Eddie Harada, Take Miyagawa
FAMILY: Mom, dad and 22-year-old sister
HIS BIGGEST FAN: "My dad. He comes to the World Championships in Japan. He's a fanatic about the sport. He loves it. He knows a lot about gymnastics, too."

FUN FACTS

PHOTO BY MARY ANN COOPER

STAR PROFILE

By Leah Peacock

At age 24, Jair Lynch is one year along the gymnastics world by storm. He did so in 1992, when he narrowly missed the honor of a parallel bars title at the Olympic Games. He's did it again by winning the 1994 Winter Cup Challenge.

"This event was very important to me," said Lynch. "I tried some new skills and routines and it was an important step leading toward the Olympic Games."

Lynch wanted a couple of fails in the option of competition and, although he was the Winter Cup Challenge, he did not earn a spot on the World Championships team since only the optional scores were considered.

Although he was disappointed, he will still work toward his goal—to medal at the 1996 Olympic Games in Atlanta.

Lynch certainly knows what it takes! After all, he's a veteran of Olympic and World Championships competition.

When asked to compare the World Championships to the Olympic Games, Lynch said, "There are more people, teams and sessions at the World Championships. You also have to wait a long time between your events. One thing I liked about the 1992 World Championships was that the USA men competed together as a team during competitions. We were split up at

the 1992 Olympic Games and it was hard to get in sync."

Lynch is a graduate of Stanford University and has a degree in civil engineering and urban design. He has a full time job at Silicon Graphics Inc., a computer systems company leading the industry in visual processing.

"My company invited the computers used to practice the graphics for Jonah Park, Orange, California. 2 and over months, I do development and construction. I'm helping with building a new campus for the company. It's growing so large with 5,000 employees, that there are many new projects coming up."

When asked how he is able to train, travel to national and international competitions, and still hold down a job, he said, "My company is incredibly loyal to me. They do cover the costs up front and they're very supportive. I think they realize that I have a lot of energy and dedication and that after the Olympic Games in 1996 I will dedicate all those energies to them. I also bring a computer whenever I go and still work a little when on the road."

Lynch works from 8:00 a.m.–10:00 p.m. at his job and wakes from 2:00 p.m.–8:00 p.m. in the gym.

This veteran is putting a great deal of effort into making for 1996 Olympic Team and doing well in Atlanta.

FAVORITES

EVENT: Parallel Bars
SKILL: Double Layout front with one-and-a-half twist dismount on high bar
HOBBIES: Reading non-fiction, writing, visiting museums, viewing exhibits and films, exploring neighborhoods and cities to appreciate different environments and architecture for understanding of successes and failures.
TV SHOW: Sportscenter and the Olympics
MOVIE: Home Alone
ROLE MODEL: I don't have one but I'm not afraid to be one

COMPETITION RESULTS

1994	Winter Cup Challenge, Colorado Springs, Colo.; 1st-1st
1995	World Championships, Tokyo, Japan; 9th-Res
1995	Gaspari National Championships, New Orleans, La.; 4th-8A & P, 3rd-F
1995	World University Games, Buffalo, N.Y.; 3rd-Final, 11th-All, 3rd-PG, 4th-W
1995	Olympic Games, Barcelona, Spain; 10th-Team, 14th-PR, 15th-8A (Comp. 0)
1995	Olympic Trials, Bethesda, Md.; 10th-All
1995	Saboga Cup, Tokyo, Japan; 10th-All, 4th-PG
1995	Chile Cup, Santiago, Chile; 17th-All
1995	World Spurts Fest., Tokyo, Japan; 2th-RA



JAIR LYNCH

"My company is incredibly loyal to me. We discussed the issue up front and they're very supportive. I think they realize that I have a lot of energy and dedication and that after the Olympic Games in 1996 I will dedicate all those energies to them."



JAIR'S COMMUNITY SERVICE WORK

Serves on the
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Directors of the
Orlando Youth
Club Pan-Pacific
Chapter

Helps with
Friends for
Youth-Big
Brother/Big
Sister volunteer
program

Appears as an
inspirational
speaker at the
Seminole
County Juvenile
Services and
Correctional
Facilities

Honored in
1991 and 1992
with the
Starfish Black
Community
Service Award

1996 REESE'S INTERNATIONAL GYMNASTICS CUP

By Lynn Preiss

Portland, Oregon received its first major snowfall of the year on January 27, the day of the Reese's International Gymnastics Cup. But, a little snowfall didn't stop the action in the Portland Rose Garden. Although a few of the staff and officials were snowed out of Portland, you know the old saying, "the show must go on!" The show did proceed as planned, with an amazing crowd of 5,500 considering the circumstances, and was a great success.

Former medalists from the World Championships, Olympic Games, Pan American Games and Goodwill Games, choreographed routines to music and wore costumes in hopes of earning prize money totaling \$66,000 at the event.

Kristie Phillips playing tennis on floor.

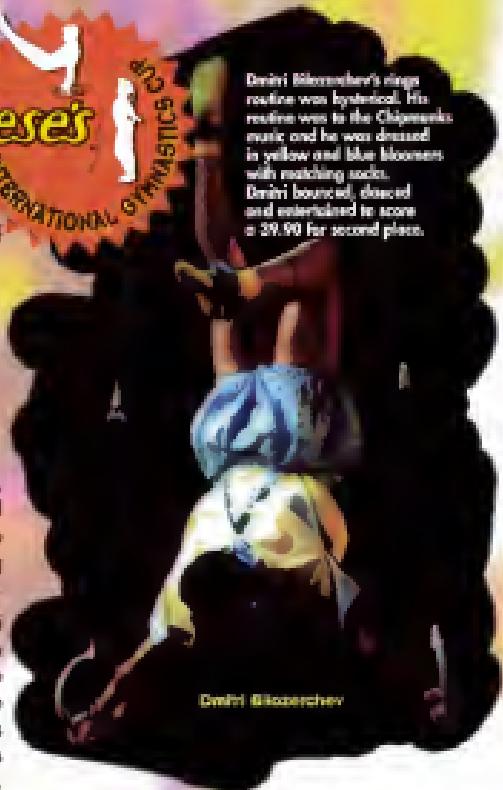
Kristie Phillips and Dmitri Blazcerchey were the big winners of the event becoming the 1996 Reese's International Gymnastics Cup Champions.

Kristie Phillips earned a perfect 40 on beam to win the event. She came out with a machine gun and dressed in army fatigues. She came into a flower child and mouth with a roundoff layout, WCHW. While on the beam she used a roundoff flip, Reutter series and showed her awesome flexibility.



Dmitri Blazcerchey's rings routine was hysterical. His routine was to the Chipmunks music and he was dressed in yellow and blue bloomers with matching socks.

Dmitri bounced, danced and entertained to score a 39.90 for second place.



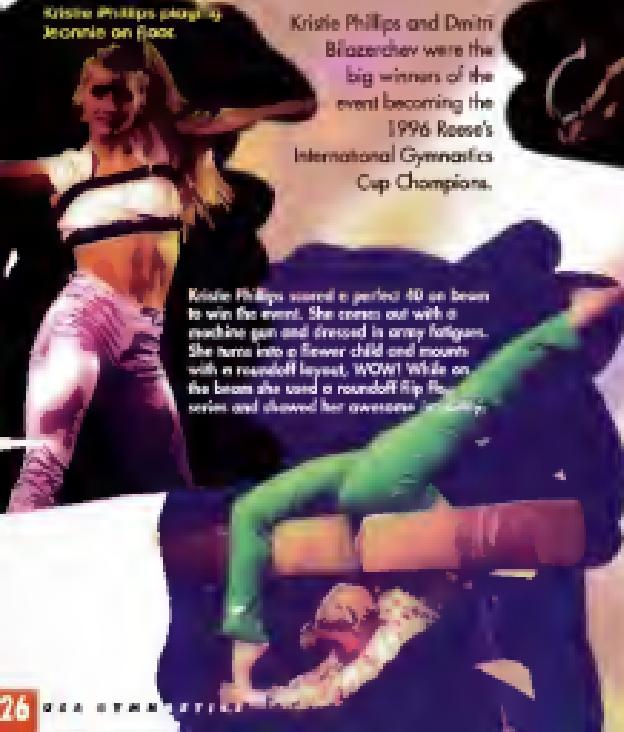
Dmitri Blazcerchey

John Rothbliberg's rings routine drama of cowboys and Indians gets an A+ for creativity. He comes out to the music of gunfire. John plays a cowboy when he's in an upright position and appears as an Indian while in a handstand.

Confused?

Check out the photo... he has an Indian head tied between his legs so when he goes up in a handstand he's an Indian. Pretty clever huh! John earned 39.60 for third place.

John Rothbliberg



Chris Waller

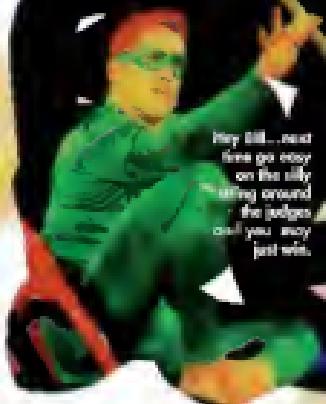


Chris Waller demonstrated a dramatic love story floor routine. Chris and a beautiful woman (played by wife Cindy Waller) are sitting on a park bench around the floor mat. Chris tries to impress the beautiful woman by showing off his gymnastics repertoire.

Although he may have won many hearts of those in the audience, his beautiful woman left with Scott Kenwick when he gave her a kiss on the cheek. Poor Chris, Justice took second.

The judges gave Chris' drama a 39.40 for 11th place.

Bill Roth



Hey Bill...need
time go easy
on the silly
rolling around
the judges
call you away
just with

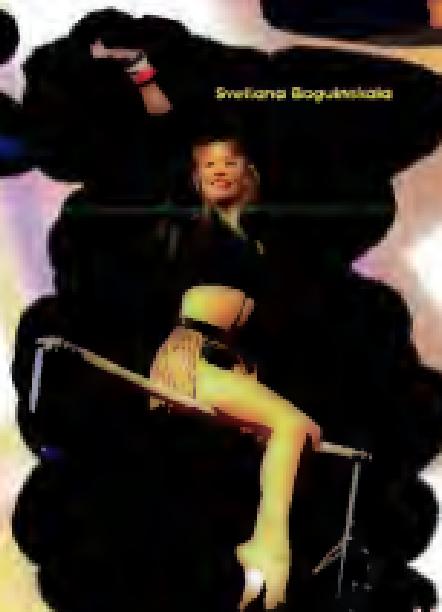
Bill Roth portrayed Batman's nemesis, the Riddler on floor. His costume and handeling were great as well as his special effects of green sprinkles thrown in the air and silly string sprayed at the judges. Bill earned 39.85 for second place.

Wendy Bruce



Wendy Bruce's peanut butter cup circus beam routine scored 39.85 for second place. Wendy played Piggy the clown, threw candy to the crowd, and pretended the beam was her high wire act in the circus. She even had a safety net underneath.

Sylviane Bogaerdehak



Missy Marlowe

Missy Marlowe's beam score was a pink. Lined with sparkles and used a ribbon during her routine. Unfortunately, she took a fall on her flip flop, layout series but still scored 39.00.

Sylviane Bogaerdehak wearing a daring black leotard and black briefs with rings—moved to the center from a sit position on high bar. She then some difficult skills, jumped off and danced around, remounted, then dismounted with a double flyaway. She scored 39.85 for first place.

Brendy Johnson-Scherpf



Brendy Johnson-Scherpf's half moon, half-women floor exercise routine (Senior and Seniorita Johnson) earned a 39.70 for second place.

Paul O'Neill was the "Blue Man" on rings. His routine was performed to the tune "We will rock you." He won the title in this event with a 39.95.



Valentin Haguely

Paul O'Neill



Scott Kenwick

Scott Kenwick came out of the audience to begin his Charlie Chaplin routine. He also tried to bribe the judges. He gave a rose to Kim Zareck, a Reese's Cup to Kurt Thomas, his hot blonde Patrick Clarke, and his heart to Kirby Johnson. He couldn't get up on the bar so he used the side rail to jump up. He scored a 39.70 to tie for fourth place.



Wiley Harnisch's top three floor routines were a big hit. They included Mariah Carey's song "You've lost that loving feeling," the judges Kirby Johnson, then recorded high bar and swings plus to the song "Dangerous" song. Wiley scored a 39.95 for second place.

Wiley Harnisch

Valentin Haguely on rings wore a black top hat, bow tie, suspenders with no shirt and grey pants. He scored a 39.25.



Hope Spivey-Shawley

Hope Spivey-Shawley's Frankenstein dance on floor scored a 40, the third perfect score of the Reese's International Gymnastics Cup. Frankenstein (played by Hope's husband) kills Hope and lays her on the floor exercise mat. Hope comes to life mounting with a front through to double back. WOW!

Other Highlights:

Paul O'Neill's "Duck" routine on floor to the music "Dance Duck." Great costume and great standing all while in a full head mask!

Brandy Johnson-Schärf's grand entrance on bars—from the ceiling of the Portland Rose Garden. (Brandy's husband Bill was orchestrating the stunt from the ceiling—talk about trust!)

Dmitri Bilozerchev's version of Swan Lake on floor. He wore a black cape, a big white boot, and wore white tights and a pink tutu underneath. He took off the cape and did a great man/woman floor routine.

John Reethlisberger...and friend...The Macarena floor. John brought back this routine for the second year in a row and won with a 39.90.

Kristie Phillips' great choreography on every event including her "I Dream of Jeannie" theme on floor and her army theme on beam.

Dmitri's costumes on each event including Cooper on beam, Sensors and Senior on floor and the space theme on bars.

Chris Waller's Kidder routine on high bar. He came out of the audience, climbed around on the bars, put a hat on Kathy Johnson's head, mounted the apparatus, did a routine, dismounted the apparatus, remounted the apparatus, dismounted again, and climbed back up in the audience—all within the designated time frame.

Bill Roth's Superman routine on high bar. He came out reading a paper, wearing a suit coat, pants and glasses. Then ripped off his clothes to reveal his Superman apparel and went into his high bar routine.

John Reethlisberger's hair during his high bar Michael Jackson impersonation.

Interesting Notes:

1988 Olympian and 1991 Pan American Games Gold Medalist Chelle Stark was scheduled to compete but injured her ankle while training on bars and came to Portland with a cast on her foot. How did the injury occur? Stark was doing a western theme on bars and stepped off the mat while wearing cowboy boots.

1991 World Champion and 1992 Olympic Bronze Medalist Kim Zmeskal was also scheduled to compete but had a nasty bout with the flu and was not 100% by the date of the event.

Vanessa Vonder Pluym and Brooks Bushnell did great exhibition rhythmic routines during the show.

The 1996 Reese's International Gymnastics Cup was organized locally by Razor Sharp Productions, an affiliate of the Portland Trail Blazers and Oregon Arena Corporation, and was sponsored by Hershey Chocolate USA.

A perfect score on each event was 40 points. Below are the results:

WOMEN

Uneven Bars

1. Svetlana Boginskaya	39.65
2. Kristie Phillips	39.55
3. Brandy Johnson-Schärf	39.10
4. Missy Marlowe	39.00

Balance Beam

1. Kristie Phillips	40.00
2. Wendy Bruce	39.85
3. Svetlana Boginskaya	39.65
4. Brandy Johnson-Schärf	39.15
5. Missy Marlowe	39.00
6. Hope Spivey-Sheekley	38.95

Floor Exercise

1. Hope Spivey-Sheekley	40.00
2. Brandy Johnson-Schärf	39.70
3. Missy Marlowe	39.65
4. Kristie Phillips	39.25

All-Around

1. Kristie Phillips	118.80
2. Brandy Johnson-Schärf	117.95
3. Missy Marlowe	117.65

Watch the Reese's International Gymnastics Cup on TV

March 30th
2:30 pm EST
CBS Sports

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MEN

Floor Exercise

1. John Reethlisberger	39.90
2. Bill Roth	39.85
3. Dmitri Bilozerchev	39.80
4. Paul O'Neill	39.50
5. Chris Waller	39.40
6. Valentin Mogulni	39.35

Still Rings

1. Paul O'Neill	39.95
2. Dmitri Bilozerchev	39.90
3. John Reethlisberger	39.60
4. Chris Waller	39.30
5. Valentin Mogulni	39.25
6. Vitaly Marinich	39.15
7. Scott Kenwick	39.10

High Bar

1. Chris Waller	40.00
2. Vitaly Marinich	39.90
3. John Reethlisberger	39.80
4. Dmitri Bilozerchev	39.70
4. Bill Roth	39.70
4. Scott Kenwick	39.70
7. Valentin Mogulni	39.25

All-Around

1. Dmitri Bilozerchev	119.40
2. John Reethlisberger	119.30
3. Chris Waller	118.70
4. Valentin Mogulni	117.85

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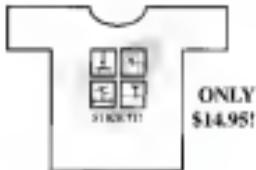
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The International Gymnastics Federation (FIG) has a rule that gymnasts must be 15 years old in the year of the Olympics to compete in the Games. After the 1996 Olympic Games, the FIG is raising the age limit to 16 years old. We asked you to tell us what you think about imposing an age limit for gymnasts in the Olympic Games. Here's what you said:

After the 1996 Olympic Games, the FIG is raising the age limit to 16 years old. We asked you to tell us what you think about imposing an age limit for gymnasts in the Olympic Games. Here's what you said:



You be the JUDGE

SUPPORT

Dear USA Gymnasts,

We believe there should be some kind of age limit in the Olympics. This will help prevent the exploitation of young gymnasts, and help ensure their proper development during training. We do feel though, that the age limit should be lowered to 14 years of age instead of 15, for the year in which the 1996 Olympic games will occur. On the current age limit of 16 years should be increased again to come closer to 18. Also, how the gymnast should be able to petition the Olympic Committee for a waiver. Instead of the age to 18 years will now be held for talented gymnasts who only prove to be professionals at a younger age.

We feel that Miss Karr is very talented, both in gymnastics and in her other activities. Her excellent grade point average and positive attitude seem to indicate she is well adjusted and has been treated properly by in her family and her coaches. It is a shame that she will not be able to compete in the 1996 Olympics.

Yours truly,
Richard and Janice Givens
Nashua, NH

Dear USA Gymnasts,
Absolutely there should be an age limit for the Olympic games. It is unsafe and unsafe to expect a child under the age of 16 to live all the time, sleep, and eat training. Most adults consider 16 to be their teenage years, not a person that

Miss Karr,
Mount Morris High,
Mount Morris, NY

CAN'T

DECIDE

Dear USA Gymnasts,

I think the age limit of going to the Olympics should not stand for the last year. Some people are much too young to compete in the Olympics. If you raised the limit to 16, gymnasts would have more time to compete and wouldn't be pressured to leave now. This is my opinion of why the limit should be raised. However, I have made these holdouts in these Olympic dreams until they are 18. We then may need to let the previous training and past. They may be really good and at 18, would lose a year that they may have. The next Miss. Tom Dutton. This is my opinion of why the limit should be raised.

Hethem Morris, age 13
Montgomery, NY

OPPOSE

USA Gymnastics

I am 14 years old and a Class IV gymnast. I really don't think it's fair that there is no age limit to try to the Olympics. I agree with those that when she and age doesn't matter because some people are better when they are young and some are better at older age. What if an older gymnast had a chance to go to the Olympics but was too young and got severely injured and that ended their gymnastics career? Their dream would be shattered. It's not fair.

Steve Stewart
Dallas, TX

Dear USA Gymnastics,
You should not have an age limit to compete in the Olympics or any other international events because of the following reasons. First, be the tends and confident enough to compete in such a huge event that she should be able to compete.
Sincerely,
Lynn Kachan
Wheatfield, PA

Dear Am. Limit,

I don't think there should be an age limit because it is too easy to push the wrong bone and have one before the Olympics. It would just make the life of the gymnasts. They would have to keep in Olympic shape for many more years than others had an advantage. If the time is right for your body physically and mentally and you have the skills it should matter what age you are. The Olympics is hard enough without worrying about this. If you try not and make the Olympics, then you are really no amateur when you can.

Berriery
SD
Portland, OR

Dear USA Gymnastics,

I don't think there should be an age limit for the Olympics. Gymnasts may be really good and want to make it to the Olympics but can't because they're too young. I don't think you should tell people how old they are but they can be. There are people as old as 30 who can still compete.

Sarah Ellingson
Dallas, OR

Dear USA
Gymnastics

I don't think there should be an age limit. Nadia Comaneci was only 16 when she was in the Olympics. Lots of good gymnasts are under 15. Gymnasts should have a chance to go to the Olympics whenever they can.

Reidy Miller
Milwaukee, WI

TO: USA Gymnastics
Attn: Lewis

I strongly disagree that there should be an age limit for Gymnasts to try to make it to the Olympics. I feel the decision to compete should be the responsibility of the parents and coaches. If a child has the skills, dedication, and desire, I do not feel this child should be denied the opportunity to participate in the Olympics Games. Another reason I strongly disagree is because of the track record of Gymnasts between Olympic events. Many things can happen to a gymnast, during these days, even though they are not afraid, which could prevent them from "ever" having that chance to compete again.

If a child has performed her skills at an early age who should not be penalized for that. A birth date is a random number of which no one should be judged, especially after years of practice, dedication, and support.

Jennifer Danner
Olympic Gymnast
Portland, OR

Dear USA
Gymnastics

I don't think that there should be an age limit. Some gymnasts have their "peak of their career" when they're younger and some when they're older. I think it should be based on the quality of their team or as I said.

Thanks for listening
Jordan Thompson
St. Paul, MN

FLIP OVER USA GYMNASTICS

Flip Over USA Gymnastics! This magazine covers important national and international events leading up to and including the 1996 Olympic Games. Get to know the gymnasts through interviews, photos and competition results. USA Gymnastics gives comprehensive gymnastics coverage in six, full color issues for only \$15.95. Foreign subscription \$33.00. Don't miss what USA Gymnastics has to offer!

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RESULTS

AMERICAN CLASSIC

TULSA, OKLA.
FEBRUARY 9-11

WOMEN'S JUNIOR NATIONAL TEAM

points earned in women's 1985-86 and 1986-87 seasons

RANK/NAME	HOMETOWN	CLUB	SCORE
1. Japie Kolp	Grand Rapids, MI	Second Generation	27.690
2. Mary Jo Johnson	Shore Spring, WA	With Angels	27.210
3. Amy Shear	San Jose, CA	West Valley City	27.190
4. Misty Proulx	Waukesha, WI	University Angels	27.150
5. Janie Thompson	Waukesha, WI	Pyramis Gymnastics	27.050
6. Shelly Pribis	Waukesha, WI	Pyramis Academy	27.030
7. Theresa Kallhoff	Eden Prairie, Minn.	Pyramis Academy	24.100
8. Kristi Thompson	Brooklyn, N.Y.	Pyramis Gymnastics	24.020
9. Debbie Fierberg	Orlando, Fla.	James Gymnastics	23.870
10. Kristi Ahern	Albuquerque, N.M.	Pyramis	23.700
11. Krista Harvey	Laurel, Md.	Pyramis Academy	23.690
12. Kristen Sennels	Waukesha, WI	With Angels	23.280
13. Elizabeth Kroll	Waukesha, WI	Pyramis	23.150
14. Krista Endres	Self Help City Gym	Pyramis	22.200
15. Kristen Isom	Los Angeles, Calif.	Alaska Gymnastics	21.240
16. Kristen Isom	Self Help City Gym	Pyramis	21.030
17. Amy Strong	Albuquerque, N.M.	Pyramis	19.750
18. Kristi Holt	Grand Rapids, Mich.	Pyramis/Gym. Plus	18.570
19. Kristen Gross	Centerville, N.Y.	University Angels	13.230

CANBERRA CUP JUNIOR INTERNATIONAL COMPETITION

CANBERRA, AUSTRALIA
DECEMBER 19-20, 1995

Dymono's Wina Kim, coached by Peggy Liddle, made the trip to Canberra, Australia, Dec. 19-20, for the 1995 Canberra Cup. Kim finished second all-around, second on bars and floor, and third on beam.

ALL-AROUND RANKS

1. Wina Kim	298	26.275
2. Amy Kim	294	25.705
3. Kristi Thompson	293	25.635

BALANCE BEAM

1. Wina Kim	298	1.125
2. Kristi Thompson	298	1.105
3. Kristi Holt	298	1.025

UNEVEN BARS

1. Wina Kim	298	1.125
2. Kristi Thompson	298	1.075
3. Kristi Holt	298	1.065

BALANCE BEAM

1. Wina Kim	298	1.025
2. Kristi Thompson	298	1.025
3. Kristi Holt	298	1.025

FLOOR EXERCISES

1. Kristi Thompson	298	1.125
2. Kristi Holt	298	1.105
3. Kristi Kim	298	1.025

WOMEN'S JUNIOR NATIONAL TEAM

(points earned in 1985-86 and 1986-87 seasons)

RANK/NAME	CLUB	SCORE
1. Kristi Holt	Gym. Plus	90.905
2. Kristi Kim	Gymn. Plus	21.425
3. Kristi Thompson	Pyramis	21.025
4. Kristi Kim	Pyramis	21.005
5. Kristi Holt	Pyramis	21.005
6. Kristi Holt	Pyramis Gymnastics	21.005
7. Kristi Holt	Pyramis Academy	21.005
8. Kristi Holt	Pyramis Academy	21.005
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19. Kristi Holt
20. Kristi Holt



Kristi Holt's floor exercise
at the 1995 Canberra Cup

WINTER CUP

CHALLENGE

COLORADO SPRINGS, COLOR.
FEBRUARY 2-3, 1996

The top 14 in the all-around from the compulsory and optional round of competition make up Team '96. Using optional scores only, the top seven (ages 10 and under) and the top five (ages 11 and over) make up Team 2000.

MEN'S TEAM '96 FINAL RANKING

(COMBINED COMPULSORY AND OPTIONAL RANKS OF THE TEAM, 10 AND 11 YEARS INCLUDED)

1. Jim Head	100.00
2. Harry Beck	98.95
3. John Harvey	98.95
4. Steve Holt	98.75
5. Darren Dempsey	98.75
6. Mike Lepine	97.50
7. Jeff Scott	96.95
8. Jason Morris	96.95
9. Mike Holt	96.95
10. Eric Johnson	96.95
11. Kristi Holt	96.95
12. Kristi Holt	96.95
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19. Kristi Holt	96.95
20. Kristi Holt	96.95

MEN'S TEAM '96 FINAL RANKING 10 AND 11 YEARS

(TEAM 10 AND 11 COMPULSORY AND OPTIONAL RANKS)

1. Mike Lepine	96.95
2. Kristi Holt	96.95
3. Kristi Holt	96.95
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19. Kristi Holt	96.95
20. Kristi Holt	96.95

MEN'S TEAM 2000 FINAL RANKING 10 AND OVER

(TEAM 10 AND 11 COMPULSORY AND OPTIONAL RANKS)

1. Jim Head

2. Kristi Holt

3. Kristi Holt

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19. Kristi Holt

20. Kristi Holt



CHUNICHI CUP AND KAWASAKI CUP

HADDOYA AND
KAMESAKI CITY, JPN
DECEMBER 10-18, 1995

By Steve Batcher

The Chunichi Cup featured an all-around competition and individual event finals on December 10-17 in the city of Nagoya, Japan. The Kawasaki Cup featured only individual event finals on December 17 in Kawasaki City, Japan. Many of the world's best gymnasts participated in these two competitions, including reigning men's world champion Li Xuezhong (CHN) and world breaststroke medalist Eugene Chalosse (AUS). Every gymnast competing in these two events also participated in the 1995 World Championship in Seoan, Japan.

The Chunichi Cup all-around champion, Xuezhong, earned a 37.450, closely pursued by Chalosse who finished second with a 37.425. Third was Hibaru Tanaka (JPN) with a 37.150. John Rothlisberger, four-time U.S. National Champion, and 1992 Olympic placed sixth in the all-around with a 33.525. John Macomber from the U.S. Olympic Training Center finished ninth.

The highlight of the trip came during both individual event finals. Rothlisberger had his third on rings and placed third on high bar in the Chunichi Cup. He bolstered these results in the Kawasaki Cup by placing second on floor exercise, second on high bar, and third on rings. Macomber received his top senior international medal by earning a bronze on high bar at the Kawasaki Cup. Li Xuezhong and Eugene Chalosse displayed their dominance by winning most of the event final top awards.

EVENT FUN FACTS

■ USA, China, Russia, Japan, and Korea competed during the men's competition.

■ Li Xuezhong of China demonstrated a new skill on vault: Handspring with full twist and pike onto forward.

■ The U.S. athletes were successful in an exceptionally competitive field. The determination of our athletes earned them six medals.

■ The U.S. delegation traveled the furthest of all the other countries and only had 1½ days to adjust to Japan time before competition.

CHUNICHI RESULTS

ALL-AROUND

1 Li Xuezhong

37.450

2 Eugene Chalosse

37.425

3 Hibaru Tanaka

37.150

4 John Rothlisberger

37.000

5 John Macomber

36.950

6 John Batcher

36.900

7 John Batcher

36.850

8 John Batcher

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140 John Batcher

Rising Stars

HONEYWELL INVITATIONAL INTERNATIONAL

CHAMPS OF
2001

TEAM EVENTS

1. All-Ages 147.000

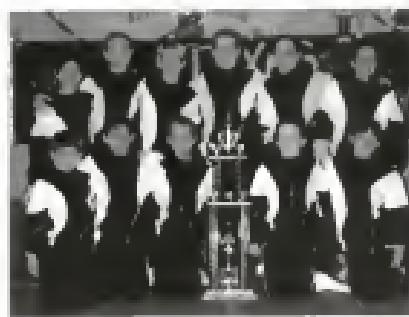
2. Juniors 146.75

3. All 145.50

4. 13 & Under 145.00

5. Boys' Gymnastics 143.00

6. Girls' Gymnastics 140.80



2001 HONEYWELL INVITATIONAL
INTERNATIONAL CHAMPIONS

First row from left: Jayson Breeding, Austin Lewis, Braden Park, Jacob Ward, Baker Scott, Matt Lee, Eric Allard, Matt Parker, Taylor Henry, Christian Guly, Kendall Headley, Eric Krebs.

INDIVIDUAL EVENTS

1. Eric Lee 135.500

2. Matt Allard 135.25

3. Eric Parker 135.00

4. Matt Parker 134.75

5. Christian Guly 134.50

6. Taylor Henry 134.00

7. Jacob Ward 133.75

8. Matt Lee 133.50

9. Braden Park 133.25

10. Kendall Headley 133.00

11. Eric Krebs 132.75

12. Jacob Ward 132.50

13. Matt Lee 132.25

14. Matt Parker 132.00

15. Taylor Henry 131.75

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239. Taylor Henry 75.75

240. Braden Park 75.50

241. Eric Krebs 75.25

242. Kendall Headley 75.00

243. Jacob Ward 74.75

244. Matt Lee 74.50

245. Matt Parker 74.25

246. Taylor Henry 74.00

247. Braden Park 73.75

248. Eric Krebs 73.50

249. Kendall Headley

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MARCH

15-17 Good Fix Temperature (80-90)

London, GTR.
London, TTS.

APPENDIX

4-7	International Cup 1996 (M/W)
6	Budapest Grand Prix (M/W)
12	KRM, Internat. Meets (W)
13	KRM, Internat. Meets (W)
13-14	Lund 10 Augusts (W)
13-21	World Championships, L. E. F. (M/W)
20	USA Gymnastics Collegiate Championships
30-31	J.O. Championships (W)
15-27	KRM, National Championships (20 Unites)
15-27	KRM, National Championships (M)
23-25	Östra Regionens (W)
23-25	U.S.A. Cup, World's Best Institutional Gymnasts

Patty Abeyta, RMA
Kris, R.
Patricia Stein
Patricia Stein
Patricia Stein
Son (son), P.M.
Seattle Pacific Univ
Maryland
Tessiebene, M.
Stanford, CA
Patricia Stein
Tina (daughter), MD

MAY

3-5	J.O. Rotterdam (NL & SW, [W])
3-5	Baroness Auto National Gymn. Team (NL)
3-5	USA Gymnastics Executive Committee Meeting
4-5	Gestis in Berlin (DE)
4-5	USA Gymnastics Board of Directors Meeting
16-17	J.O. Champs (NL)
11-12	Winter Open (DE)
12-14	J.O. Rotterdam: Competitive Prog. (Wolfsburg, DE)
17-19	US Gymnastics National (WV)
17-19	National Gymnastics Festival (WV)
21-23	USA Gymnastics Rhythmic: Rio 1st Damay (WV)
JUNE	
5-8	Coors Gold Medal Championships (WV, [W])
18-19	Elite Superstars (DE)
21-23	Rhythmic: Rio 2nd Damay (WV, [W])
23-24	Elite Superstars (DE)

WINE

18-19	Gold Coast Netball Championships (M/W)
21-23	Brisbane Netball (W)
25-26	Rhythmic Netball Championships (X)
27-30	US Olympic Trials (X)
27-30	US Olympic Trials (M/W)
27-30	USA Gymnastics National Camp (X)

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Somerville MA
Boston MA

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CBS Sports

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◎ 人物与社会

left to right: Justice Brandeis, Justice Mahanay, Bell Mead, Justice Rosenthal.

**MEET
SECTORs—**
Send official results and photos from past competitions to 254, Gymnastics Building, St. Paul, Minn. 55101. **2001 St. Croix** Avenue, Suite 300, Minneapolis, MN 55425. We'll profile high school, collegiate (and, come, regional and international) competition. Sorry, we can't run with reprints, photographs

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Steve Butcher
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San Diego, California

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gymnastics.
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floor is
necessary
before
performing
this skill on
the other
events. The
front tuck is
also the
primary
element
necessary for
learning
advanced front
tumbling on
the floor.

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conditioning ideas to
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Capitol Ave., Suite
300, Indianapolis, IN
46225.

TO GET STARTED

CONDITIONING

You must be physically strong enough to perform this skill safely. The most important muscles that will be used are the abdominal and leg (upper and lower). Special attention should be given to the strengthening of these two areas prior to attempting this skill.

PROGRESSIONS

1. Practice punch to scratch jumps on the floor
2. Practice side drifts by jumping off stacked mats (progress to the height of the landing mat)

IMPORTANT FACTORS

1. Strong and consistent arm
2. Punch an inch off the floor in front, arms over-head, and eyes forward
3. Aggressive arm drive
Recommended: the over-arm drive technique for beginners (as opposed to the flexed arm & under-arm model). The over-arm drive technique is less complicated and also a natural progression to front handspring front skills.
4. Right tuck
5. Controlled landing (flex the knees to absorb the force of the landing)

SPOTTING

The spotter places one hand (palm facing up) in front of the punching gymnast. The other hand is placed on the gymnast's back in order to help the rotation.

FIRST DO FRONT TUCK

Using a springboard into a solid or foam floor training pit or onto a thick absorbent mat or use a spot.



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USA National Team Members 1980-1996
Brown's Gymnastics Houston - Training Facility of Svetlana Boginskaya



TWO LOCATIONS

GIRLS CAMP

Brown's Gymnastics • Orlando, Florida
June 23rd - June 28th

Brown's Gymnastics, located in Orlando, offers the largest and best equipped gymnasium school in the East! We have two gymnasiums and auxiliary gym totalling 25,000 square feet. Our gyms are equipped with state-of-the-art equipment and are fully air-conditioned. Camp Staff includes National & International Renown Coaches. Dorms accommodate two gymnasts per room and the meals offer abstaining varieties served in smorgasbord style.

GIRLS & BOYS CAMP

Brown's Gymnastics • Houston, Texas
July 7th - July 12th

Brown's Gymnastics of Houston offers the largest gymnasiums training center in the USA with 44,000 square feet of brand new equipment for men and women. The facility is fully air-conditioned and offers 15 Uneven Bars, 38 Beams, 4 Floor Exercise Areas, Multiple Tumble Tracks & Trampolines and 7 Vaults. Our Camp Staff consists of National & International Renown Coaches. Rooms accommodate six gymnasts and meals will provide a wide variety of choices for gymnasts.

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The following Membership statements have been adopted by the Board of Directors of USA Gymnastics.

Membership in USA Gymnastics is a privilege granted by USA Gymnastics. That privilege can be withdrawn by USA Gymnastics at any time where a member's conduct is determined to be incompatible with the best interests of the sport of gymnastics and/or the interests are not serving.

The following honorifics/pseudonyms have had their member slips terminated or suspended.

SUSPENDED

Carrie Franklin	100	Wifey Bongiovi	100
Rebecca	10	Willow & Asteroid	1
Levi	10	John & Finn	10
White Mongoose	10	Joey Shultz	10
Elka Esmeralda	10	Elka Shultz	10
Angel Franklin	10	Elka Shultz	10
Rebel Girlie Gal	10	Rebel SuperMighty	10
Rebel Ultra Devote	10	Rebel Ultra	10
Rebel "One" Goddess	10	Rebel Ultra	10
Rebel Sweetie	10	Rebel Ultra	10
Rebel I. Reiner	10	Rebel Ultra	10

SUSPENDED

Rebel Ultra

11



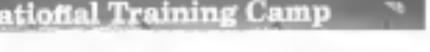
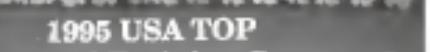
SOLID GOLD GYMNAST

Always an all-star performer, Dominique Moceanu took first place at the 1994 Rock-n-Roll Gymnastics Championship on December 7, 1995, at the North Charleston Coliseum in North Charleston, South Carolina. Dominique may have to learn new bars... on the guitar!



1996 OLYMPIC GAMES STAMPS

The U.S. Postal Service® unveiled 20 new stamps celebrating the 1996 Olympic Games. The stamps honoring the 1996 Olympic Games are the latest entry in the Postal Service's popular "Classic Collection," a format featuring a collector sheet of 20 colorful designs with descriptive text on the reverse side of each stamp.



1995 USA TOP National Training Camp

33 athletes selected to be National FTT TOP team attended a National TOP Training Camp in Tulsa, Okla., on March 6-7, 1995.



When athletes from around the world gather for the 1996 Summer Olympic Games in Atlanta, their performances will be reflected in a monumental sculpture that is being independently constructed by internationally known artist Robert W. Mazzoni. The 12-foot high bronze sculpture, "The Olympian," depicts the Olympic creed, "The essence lies not in the victory, but in the struggle."



The Perfect 10.

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Focus in the gym

CHRIS CUTRIGHT GARFIELD, MARYLAND

Chris 11 is a Level 10 training with high level difficulties. Chris 11 has 10 years. She placed second for the Maryland State, 1994 Level 7 and eighth overall of Maryland Level 8, last January. At age 12, she took the gold in the all-around and qualified for Level 10. She plans to bring in six more and then to compete in Australia after 2000 Olympics. She would like to teach her coaches for three dual lanes and more.



KELLY PARKER DOVER, OHIO

Kelly 9 attends the Ohio Sports Complex. She has had multiple gymnastics programs since age 6 and is a Level 6 gymnast. Kelly 9 loves to meet a challenge and is coached by Jim Lyons.



JENNA HARP HOMESTEAD, PENNSYLVANIA

Jenna 9, of United Parks School of Gymnastics, placed first and 1st Blue at the Dickerson, NC, Fall Festival. Currently competing at Level 5, Jenna is trained by coaching friend, Linda.



BRITTANY MOLE ORLANDO, FLORIDA

Brittany 10, of Invent 1 Gymnastics, there recently won the 1995 Level 6 Florida State Championships. The young 10 year old, and only female with a 37.625. She also was rated her difficulties stamp on floor difficulties for second to last week and fitness is her best and great concern. Her coaches are Jeff West, Jay Roop, Terri Scotty, Jeff Patterson, David Thompson and many others. She is now training for national competition.



KASEY BELL
DENVER, COLORADO

Born: 9/2/87. Level: 4. Level 4 general at American Institute of Gymnastics in Denver. When Kasey took first place overall in Level 5 sectionals at 8 years old. She also won first place in Level 4 overall, 1st sectional and Level 4 male with an all-around score of 32.80. She is coached by Shelly Breen and Diane Gurnee.



MARISA BEDFORD
LOBO, CALIFORNIA

Marisa is a member of Lobo Gymnastics Academy in Stockton, Calif., and is coached by Sue, Karl and Roger. She placed first in the 7 & 8 all-around division of the Level 5 Zone Championships held in Davis, Calif. She worked extremely hard during the past year and qualified for the State Championships. Marisa is in the 8th grade at Pleasant Valley and is competing USA Gymnastics.



WILLIE McCASKAY
EATON, NORTH CAROLINA

Willie, 11, of Spartanburg Gymnastics Academy in Spartanburg, advanced to Team 7 this year. At 8, he became the second youngest male to earn a gold medal in all-around. He can also sing and painted before. Willie is a very good problem at the Eaton Christian School in Eatonton. He is the son of Sue and Eddie McCaskay. Willie's favorite television show is "Home Improvement." When Willie is not at the gym, he likes to play basketball, soccer, and spend time with his family.



BUSHRA GROVER
DURHAM, U.S.A.

Bushra, 11, is from India. Gymnastics. She is coached by Steve Bell and Sherry Bell. Part of the 20 meets Bushra has competed in is the last meet but all-around is 10 and second all-around is four. She has accumulated 11 gold medals in three trips to the World Gymnastics Games. Bushra is now training in a Level 10.

Would you like to be featured in the News in the Gymnastics? Send a recent photo and a paragraph of information to: USA Gymnastics, News in the Gym, P.O. Box 1000, Phoenix, AZ 85273.

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Rei CHOREOGRAPHY



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THE SAIL

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1981-82 SCB85 - Separated nursing personnel from PC, responsible, and not for MAC staff or all health, mainly staff and management, American Indian and U.S. Cancer Institutes. Day-to-day nursing was transferred. Super features were with personnel, says Mayo Clinic Children, causing confusion in the 1980s public relations. "With 8500 sessions, 3 complete, and over 1000 additional sessions, I expect great difficulty in finding the best service." Many people were delighted with the new arrangement of the program areas. "A wonderful program." But involved with patient care continues? "Great for the Health Service and probably the best areas to expect the data to come in are surely and kindly without delay. Our much-esteemed PC has the "most" responsibility which makes us think twice because the losses they'll be due to are from Frontiers. Some working during patient care, others, may be in need really stay for 1000-1500 hours. Health staff will still do their responsibilities for hours, we do not obstruct, about 300 PC, 14-1500-1900 hrs for 1000+ hrs. 514345-514362, 514363-514365, 514365-514367, 514367-514369, 514369-514371, 514371-514373, 514373-514375, 514375-514377, 514377-514379, 514379-514381, 514381-514383, 514383-514385, 514385-514387, 514387-514389, 514389-514391, 514391-514393, 514393-514395, 514395-514397, 514397-514399, 514399-514401, 514401-514403, 514403-514405, 514405-514407, 514407-514409, 514409-514411, 514411-514413, 514413-514415, 514415-514417, 514417-514419, 514419-514421, 514421-514423, 514423-514425, 514425-514427, 514427-514429, 514429-514431, 514431-514433, 514433-514435, 514435-514437, 514437-514439, 514439-514441, 514441-514443, 514443-514445, 514445-514447, 514447-514449, 514449-514451, 514451-514453, 514453-514455, 514455-514457, 514457-514459, 514459-514461, 514461-514463, 514463-514465, 514465-514467, 514467-514469, 514469-514471, 514471-514473, 514473-514475, 514475-514477, 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EURO-200808. One Management Grid 5/9 follows after P's. One Central track and sports down, schedule reductions, sequential parties, students, slides, tactics and registration/leadership.

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Some re-implementations exist with a **Linux** or **QNX** OS for **PCI** or **PCIe** interface, as **COMFAST** **DS55**. One **PCI** interface **changes** created by **PCI** **functions** (Illustrate the **PCI** **range** of **values**). These **maps** to **PCI** **addresses** **way** **in** **old** **request** **to** **old** **functions**, **pointer**, **bus**, **slot**, **function**, **base**, **length**. **PCI** **functions** **can** **be** **enabled** **in** **early** **PCI** **configuration** **processes**. **Another** **in** **PCI** **PCI** **functions** **processes**: Only **520** **bit** **plus** **50** **bit** **shaping** **PCI**, **Illustrate** **PCI** **functions** **assigned** **1** **to** **16** **PCI** **function** **in** **each** **PCI** **slot** **in** **PCI** **bridge**, **PCI** **PCI** **function** **in** **PCI** **bridge**.

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BABY ANSWERS

Who is Dr. John Macready

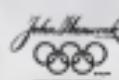
Who is she? *Mary Beth Arnold*

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Dear Friends at LBSA Gymnastics, Inc.
This is a picture of my team,
Hannah. She likes to get in the
basement where I keep some of my LBSA
Gymnastics merchandise. Hannah is a
great gymnast like all the others in the
and jump to extremes has tags. I'm 14 and
currently a Level 10 at Coastal Gymnastics
Academy in Jacksonville, N.C.

John Johnson
Joliet, Illinois

DISAGREE WITH LOU
KETTERER.
I saw the TV show "60
Minutes" about how
Diane Keaton seriously
abuses her daughter
to make her an
actress. I know that TV
show tends to dramatize
information, but is there any
truth in these accusations?
She always seemed
kind and respected.
She would make me think
she would do anything. (Not that,

Jerry Brown
San Diego, California

Dear Sirs,
To compete at the
Olympics you must be a
elite gymnast. That is a
high level. You must
be at least 15 years old
at the year of the
Olympics to compete. My
sister's a great one
and ready.

DEAR MEL ROTH,
I'm 9 years old and train at
Gwin City Gymnastics. What
other sports do you participate
in and when did you start to do
gymnastics only?
BRIAN FISHER
KNOXVILLE, TENN.

Dear Bob,
I participated in a lot of sports when I was growing up including baseball, track and field, diving and gymnastics. When I became a junior in high school my love for gymnastics made my decision easy as to which sport I would pursue. I'm really glad I made that decision because the rewards of competing in gymnastics are immeasurable.



CHALK TALK

Is Mary Lou Retton spending her Olympic dreams and trying out for the U.S. Synchronised Swimming team? Not this year, but she took the "Syncro Challenge" at the U.S. Olympic Team Trials-Synchronised Swimming in Indianapolis, Ind.

PEAK: MARY LOU RETTON
16-year-old girl and a Level 6
gymnast. I'd hoping to be in the
Olympics eventually. My favorite
event is beam. I'm a big fan of
you. My mom gave me an
autographed picture of you for
Christmas. It was one of my
favorite presents. How many
autographed pictures do you give
away each year?
—Taliah, 12, Atlanta

Dear Jimmy,
Bob has very high hopes
and expects the
victor to be
you is today. He
hopes you will be
a champion.
I am
not the victim of any
of abuse.



DEBIE MAYER, 100, PATTON
Los 18 years old and a Level 5
gymnast. The best in synchronization
skills—what mounts how. What level
you need to be to compete in the
Olympics! Is there an age limit to
synchronization? The Olympics' big favori-
te, a result. I'm there the greatest
time. Which event is your favorite?
Marge Hamell
—South Carolina

DEAR MARY LOU WEITZ
I have no idea if you are
still interested in writing
but if so, what did you do
about it? I am thinking of
writing a book about
my life and I am not
sure where to start.
Sincerely, Linda

Dear Brooke,
Thank you for being a fan. All
of the fan mail I receive, plus
autograph requests I do for
companies, I would estimate
about 1,000-4,000 pieces.

DEAR MARY LOU KETTON,
My hands are all blemish free.
From: West. I squat gymnastics
will my hands heal? Have you
heard of hand oil? My hands
don't hurt naturally is there
something I could put on them?
Really Appreciated
Micheleann, New Jersey

Dear Kelly,
Yes, your beauties will heal.
Mine are back to normal now.
Vitamin E helps a lot. It's
important to keep your beauties
moist so they don't crack.

DEAR SCOUT READER,
I'm 13 years old and I love
it. What is our most
important thing in Scouting?
for a photo? (Scoutmaster to
Scout director)
John Williams
Albuquerque, New Mexico

Dear Justin,
I think the most important thing is
gymnastics is to perfect your body.
Then start working on developing
more strength and flexibility. This
will enable you to learn bigger skills
and become a great gymnast.
Setting goals is also very important.

PHYSICS

MORE

DRIVE FOR DISEASE
I have always wanted to be a doctor. In my free time, every time I try to help someone, I have to ask for help. Is this bad for your health? Ask those any skills to help me improve my family.

Dear Sirs,
Royal Oak, Michigan

Bar Help.
Hitting good, straight-body bar-stands is the most important part of your bar routine. By doing straight bar-stands you'll put less pressure on your back and eliminate dedications in your bar routine. Doing more upper body conditioning and using a crack spot you can on cracks will help you improve.

DEAR KIM ZIEGLER,
I'm 8 years old and in Level 6
Gymnastics. I will move up to Level 7 in
September. I will tell my teachers all
about it and it makes me feel good. Also, did you get
your present off my shoulders?
I'm looking forward to Gymnastics class.
Sincerely, [Signature]
Kaitlynne [Signature]

Bow Country.
Unfortunately, missing tricks is a part
of learning them. I hope your shoulders
are all right. I learned giants as a
single high bar, Kibbling is a front
support position at first. Then I had a
coach span the spacing until I was
able to do it on my own. Good luck

Dear Coach,
Set backs are a part of everything
you do, and I feel that infections are
not enough of a reason to stop
leaving or competing in gymnastics.
I have a goal of making the
Olympic Team and that is also a
big reason for me to continue in
gymnastics.

WE ARE SPREADING
THE WORD
ABOUT ALL OF YOUR INJURIES, AND
MAKING YOU KNOW THE LOGIC FOR
RECOVERY.
Yours truly,
Dynamax

DEAN JOHN ROETHLISBERGER,
I am 12 years old and I go to
East-Central Gymnastics
Academy. In all your hard days of
work, why do you still love gym
teaching?

Check Talk includes questions covering men's, women's and rhythmic gymnastics. Send your questions to superstars like Mary Lou and Kim Zmeskal, or to any of your other favorite gymnasts. You can also send us photos of yourself or drawings you've made. Remember, we can't return pictures or artwork.

Send your questions to: USA Gymnastics, Chalk Talk, Pan American Plaza, 201 S. Capital Avenue, Suite 300, Indianapolis, IN 46225

From *Encyclopaedia Britannica*, 1911

卷之三

现代汉语词典

I'm 12 years old and a Level 5 gymnast. When I go to the gym I work my hamstrings, but I just can't seem to get very far on the tricks I'm working on. Did you ever have that problem or did anything always come easy to you?

Dear Shelly:
Gymnastics, like many activities that you wish to excel in, takes hard work and patience. Give the latter a try. I've gone through periods in which I didn't seem to be improving. Don't give up!

DEAR JAZZED HANNAH,
What has inspired you, in
the past, and present, to
step in your career?

Dear Mick and Nick,
This is a simple answer. I
have always felt that if I
have always felt that if I
can stay competitive, there
really is no reason to stop
doing gymnastics.

Drawn by Kim Flaherty '13
who attends Kaernay School
of Dance and Gymnastics in
Kaukauna, Wisconsin and is
mentored by Tracy Moyer

DEAE BIGHAN YEE,
A lot of the time at school
taught me about gymnastics
When should I eat?
Age fifteen
Norman, Oklahoma

Dear Devil,
I still have symmetries
because I enjoy the
challenge of the sport
and all the hard work
that is required to be
as the outlined name.
The hard work is
actually one of the
highlights for me.



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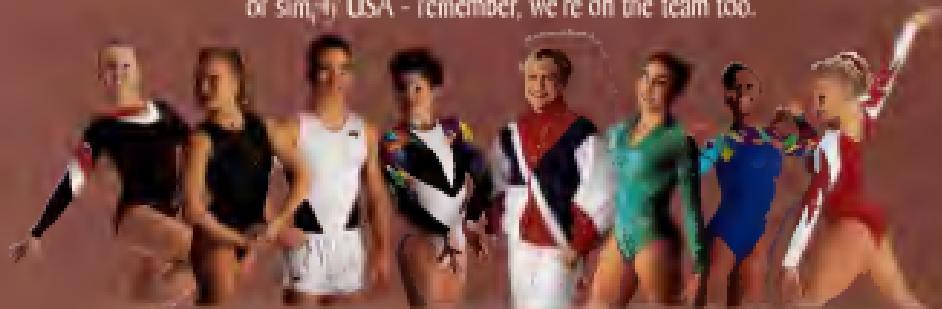
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